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NEWS WORTH SHARING.

COYOTES COME TO A GRIM END WHEN TRAPPER GETS THE CALL

What appears to be a coyote runs through High Park after the city received its first snowfall on Monday. When coyotes attack — as they have in recent weeks in Mississauga, one dragging a Yorkshire terrier clean off its leash — trappers like Dan Frankian sometimes get a call. Once the trap is set, what happens to the coyotes and other urban wildlife? See story, page 3.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Libraries bid to slash security, save $600K

Budget. Opponents use stats on violent incidents to illustrate the danger cuts may pose to public

MIKE DONACHIE
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Toronto could see cuts of 40 per cent in security guard services at city libraries.

On Monday night, the Toronto Public Library Board voted in favour of a budget that includes the service reduction.

But it's not a done deal. The budget must still be passed by city council, and library staff will still look for other savings.

And there was fierce opposition from some library board members at the meeting held at the Toronto Reference Library, who cited a report listing 1,615 "incidents" involving the public in 2013. Of those, 920 involved "violent, abusive, threatening or disruptive behaviour" and 257 involved theft or vandalism.

Last week, the Maria A. Shchuka public library, at Eglinton and Glenholme, was at the centre of an incident in which two male individuals were stabbed.

Acting city librarian Anne Bailey told Monday's meeting that one of them was stabbed inside the library, the other near the building.

A security guard was at the scene but "did not intervene," she said, which follows the "protocol."

Faced with cutting security guards, Coun. Janet Davis declared: "absolutely not."

But after board chair Michael Foderick described inconsistencies in security guard cover, six of the 11 board members present voted to target the security bill.

For example, Foderick said, one library, Centennial, has a security guard a total of 24 hours per week, but had only one incident in 2013, an illness.

"There was literally nothing for that almost full-time person to do all year," he said.

The proposed budget would mean asking the city for a two per cent rise in the library board budget in 2015. That's an additional $3.4 million, part of a budget of about $170 million.

The security guard service cut could save libraries about $663,000 per year.

Not all of the city's 99 libraries have security. There are guards at 31, plus two mobile units. The suggested cuts will mean no more security "at approximately half of the current 31 locations," a staff report said.

Instead, one mobile unit — down from two — will patrol the city and can be called in if an incident takes place. The report mentions a response time of 10 to 15 minutes.

The plan is to ask the contractor that supplies security services to look at making the cuts in January, or put the service out to tender.

Is the corset comeback a waist of time?

Personal trainer says yes — but there have been some advancements in waist training since 19th century PAGE 19

Ont. to fund life-saving medication

Woman with rare disease fights for extended coverage of drug that sells for $500K a year PAGE 6

Jays make a good catch

Toronto signs three-time all-star Russell Martin to five-year contract worth $82 million PAGE 35

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Where the coyote goes

Not simply 'away.'
What happens to GTA's urban wildlife when the trapper is called in

ROSEMARY WESTWOOD
rosemary.westwood@metronews.ca

Coyote pelts left to dry. Trapper Dan Frankian says he's had 25 calls for problem coyotes this year. ISTOCK

When coyotes attack — as they have in recent weeks in Mississauga, dragging one Yorkshire terrier clean off its leash — Dan Frankian sometimes gets a call.

"They come to me and say, 'Could you euthanize them please?'" Frankian says.

Homeowners are legally allowed to trap on their property, but the local hardware store doesn't sell the kind of trap you need for a coyote.

Frankian owns Hawkeye Bird and Animal Control Inc., which serves communities from Hamilton to Mississauga, Mount Hope, Scarborough, Brampton and Toronto — all places he's had calls from over problem coyotes this year, 25 in total.

He has 14 trappers spread across the region and, when called to action, their work is detailed and precise.

"The last thing I want to do is catch the neighbour's dog when I'm going after a coyote," Frankian said.

Good for the Goose

Coyote pelts are used by Canada Goose to line the hoods of their winter coats "because it never freezes, doesn't hold water and the uneven hair lengths create a windbreak that protects exposed skin," according to the company's website.

The first step is a survey of the property. They look for what's attracting the animal: shelter, water, food or a place to mate.

Then the real work begins.

The trappers set up infrared cameras triggered by movement, heat or the presence of a coyote-sized animal. They use the images to plot the animal's movements, picking out patterns to decide the right place to set a trap and even the time of day or night the animal is most likely to trigger it.

Then they bait the trap.

"There are industrial baits available, but you could use chopped-up little pieces of chicken, ground meat, whatever combination that is nice and pungent and airy," Frankian says.

"A hot smelling pizza, right out of the oven. You know that smell that just hits you? That's what you want."

What they catch is often taken to one of four company locations, and the same method the SPCA uses — CO2 gas — is applied to euthanize the animal.

"You don't want to cause pain," Frankian says.

The trapper might skin and sell the pelt, depending on the quality of the fur.

"You don't want to waste anything. There's something for every part of it," Frankian says.

His trappers keep whatever proceeds they can get from the animal.

"They're doing the work," he says. "It's not a huge business."

Mary Lou Leiher, program manager for Toronto Animal Services, calls trapping and euthanizing an "extreme solution" to so-called problem coyotes.

"They are part of our urban landscape. We do need to learn how to live with them," she says.

A city map of coyote sightings shows they pop up in every part of the city.

Leiher says there have been 170 calls about coyote sightings in the city this year, which is "very low" compared to calls about other animals.

Prices for urban wildlife

Average prices from 2014 auctions at the North American Fur Association:

- **Coyote:** $38.45 to $90.67
- **Raccoon:** $14.05 to $21.61
- **Red fox:** $47.29 to $56.41
- **Squirrel:** $0.82
- **Skunk:** $7.05 (2013 price)
- **Wild Mink:** $21.10

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Partnership

Spotify to provide music during Uber rides

Taxi-sharing app Uber and music-streaming app Spotify are teaming up so passengers can listen to their own music choices during rides, trying to link the online with the real world.

Uber CEO Travis Kalanick and Spotify CEO Daniel Ek made the announcement during on a conference call with reporters on Monday, touting the seamless service if users link their two accounts.

"For Uber, it's the first time we have personalized the experience inside the car," said Kalanick, adding the service launches on Friday in 10 cities worldwide, including New York, London, Stockholm and Toronto.

The companies declined to disclose the financial terms of the partnership.

TORSTAR NEWS SERVICE

Waste

How green is that organic bin?

Every week residents of York Region bring their organic green bin to the curb; the contents are dumped into trucks and then hauled hundreds of kilometres away to be processed.

It takes a little more than five hours for the weekly 21 truckloads of organic waste to arrive at the Lafleche plant in Moosecreek, near Ottawa. A further 32 trucks travel two hours to the Orgaworld plant near London. The cost of shipping the contents is $139 a tonne and $126 a tonne respectively, says the region.

"In a place like the GTA, it's unbelievable that organics for composting would have to be sent five hours away," said Franz Hartmann, executive director of the Toronto Environmental Alliance. "That doesn't need to happen. They could have an organics composting facility."

TORSTAR NEWS SERVICE

Finance

Ontario revenues off $509M

Ontario government revenues are down more than half-a-billion dollars, Finance Minister Charles Sousa said Monday, prompting the opposition parties to warn the Liberals will have to raise taxes to balance the books in three years.

In his fall economic update, Sousa said revenues are down $509 million from what was forecast in the budget, while the deficit remains at $12.5 billion this year, and is projected to be $8.9 billion next year, falling to $5.3 billion in 2016-17.

Economic growth is projected at just 1.9 per cent for 2014 and about 2.4 per cent a year for 2015 to 2017, well below forecasts, he added.

Sousa also hinted the Liberals were prepared to raise taxes if necessary to help make sure the deficit is eliminated by 2017-18 as promised. THE CANADIAN PRESS

Toronto's 2,400 laneways offer 'untapped opportunity': Group

Urban design. Other cities have transformed back alleys into lively pedestrian walkways

LUKE SIMCOE
Metro Online

They may be dark, full of litter and covered by graffiti, but to Mackenzie Keast, Toronto's laneways are the next frontier of urban development.

"We've got 2,400 laneways in the city," he said. "There's not a lot of other cities around the world that have such an extensive network."

Keast is a co-founder of the Laneway Project, a non-profit organization promoting the potential of Toronto's back alleys.

By the numbers

250 km

The estimated distance that could be covered by Toronto's laneways.

SOURCE: MACKENZIE KEAST, LANEWAY PROJECT CO-FOUNDER

Whether you want to set up a business in a laneway, or just want to get more lighting in your alley, Keast says the group can help with "the nitty-gritty of implementation."

"There's not a lot of new public spaces being built in Toronto, so we see laneways as an untapped opportunity," he said.

Keast wants Toronto to follow in the footsteps of cities like Vancouver, Chicago and Melbourne, where laneways are being transformed into pedestrian arcades and playing host to pop-up markets and live theatre.

"In Melbourne, they found all these under-utilized laneway spaces and transformed them into beautiful pedestrian walkways," he said. "You've got cafés, bars and restaurants spilling out into the streets. It's a great atmosphere."

In an effort to bring similar initiatives to Toronto, the Laneway Project is hosting a public forum on Thursday at the Great Hall (1087 Queen St. W.).

Called Engaging In-Between Spaces, the event features five speakers, including Mark Garner of the Downtown Yonge Business Improvement Area and Walk Toronto founder Dylan Reid.

"There are people who are trying to make these things happen in Toronto," Keast said. "We're trying to bring them together."

One of Toronto's 2,400 laneways. The Laneway Project, a non-profit organization promoting the potential of Toronto's back alleys, is hosting a public forum on Thursday. COURTESY THE LANEWAY PROJECT

Health board endorses subway suicide barriers

CRISIS LINK
Press the blue auto-dial button.
A direct link to Distress Centres dedicated line.
Thinking of suicide? There is help. Let's talk.

In 2012, the TTC installed 141 Crisis Link phones on subway platforms that link directly to a suicide help line. Platform-edge doors are now being recommended to further avert suicides. RENE JOHNSTON/TORSTAR NEWS SERVICE

Toronto's board of health has unanimously endorsed a recommendation to install expensive suicide-prevention barriers on TTC subway platforms.

The board wants city council to direct and provide funding to the Toronto Transit Commission to include "platform-edge doors" in the design of all future stations, while retrofitting the others.

"The global best practice in all kinds of countries around the world is to install platform-edge doors — for suicide reasons, for efficiency reasons, and for accident reasons and crowding reasons," board chair Joe Mihevc said Monday in endorsing the recommendation by the medical officer of health.

It's one of 12 recommendations contained in a suicide prevention report by Toronto Public Health, which concludes there is "strong evidence" that restricting access to subway tracks and certain medications can help prevent suicide. An average 23 suicide-related incidents have occurred each year on the subway system from 1998 to 2014.

The TTC rejected the proposal in the past because of its cost, estimated at $5 million to $10 million per station.

But Mihevc said platform-edge doors — which open only when a train has come to a halt at the station — could actually "see the light of day" because the TTC is already implementing an automatic transit control (ATC) system on the Yonge-University line.

ATC guides trains through the tunnels and allows them to stop and line up precisely where the train's doors will meet the doors on the platform. The computer system will also allow trains to run closer together, increasing efficiency on the line 20 to 35 per cent, Mihevc explained.

"This report, given that the TTC is well into doing automatic train control on the Yonge-University line, will add a lot of weight to the argument that it is something that we should consider during the budget process," Mihevc said.

The health board amended the report slightly to ask council to consider other means of restricting unauthorized access to subway tracks, after hearing from a veteran TTC employee who suggested potential jumpers could be blocked by a simpler plexiglass barrier.

TORSTAR NEWS SERVICE

Fatalities

Some 243 people died by suicide in Toronto in 2009, triple the number who died in motor vehicle crashes.

School ignored slurs against Muslim students, court hears

Toronto French School.
Suit alleges teens were defamed over their faith

Officials at a private French high school in Toronto waged a months-long "campaign of communication" to defame two teenage students involved in a fight because they were Muslim, the lawyer representing the pair told court Monday.

In three separate suits being tried together, Omar Elgammal and Danial Velshi — who were 13 and 12 at the time — allege they were publicly blamed by officials at the Toronto French School for a fight with a student from another school. Elgammal and Velshi, who are now 20, claim the fight broke out on Oct. 23, 2008 over racial slurs the other teen used to describe them and their relatives. They allege the boy was at the school to sell drugs.

The other teen "engaged in racial taunting of Omar Elgammal, calling him a terrorist, calling his father Osama Bin Laden and making gestures of a terrorist with a bomb hand-detonator," their lawyer Jeffery Wilson said Monday in his opening statement. Both students were later painted as "thugs" and "cowards" by school officials and suspended for weeks, Wilson said. School officials — including headmaster John Godfrey, a former Liberal MP, and principal Heidi Gollert — denounced the pair at a school assembly and in emails to parents and alumni, as well as in a letter to the editor in Toronto Life magazine, the suits allege.

Emails about the incident were sent to the broader school community several times in the next year, even though both plaintiffs transferred to other schools, they allege.

THE CANADIAN PRESS

Omar Elgammal, left, and Danial Velshi are suing the Toronto French School and its headmaster. RICK MADONIK/TORSTAR NEWS SERVICE

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Fan decries 'excessive' security at Cat Stevens concert

Hall of Fame inductee Yusuf Islam, formerly known as Cat Stevens, performs at the 2014 induction ceremony in New York earlier this year.
CHARLSE SYKES/THE ASSOCIATED PRESS

The first North American tour in more than 35 years by Yusuf Islam, formerly known as Cat Stevens, has been a cause of celebration for his fans.

But long-time fan Ric Doedens is decrying the security restrictions in place for his Dec. 1 performance at Massey Hall, the only Canadian date on the Peace Train ... Late Again Tour.

The 2,750-seat venue is sold out.

Doedens describes as "excessive and intrusive" the security requirements laid out in an email from Ticketmaster, including:

— Arriving two hours before the 8 p.m. start time.

— Showing the same credit card used to purchase the tickets, along with photo identification, as well as government-issued photo ID for guests.

— An "airport style search, including walk-through airport metal detectors."

— No exit from the building once admitted, "for any reason."

The email also outlines a long list of restricted items, including backpacks, waist packs, large handbags, cans or bottles (plastic and glass), video/audio recording equipment and digital devices such as "GoPro" and iPads, cameras, fireworks, weapons, chains or sharp objects and blankets.

Doedens said he's particularly alarmed at the "ridiculous" requirement to provide photo identification along with a credit card to attend the concert, noting that ID isn't required when making a standard credit card purchase anywhere else.

"You have to wonder if he (Yusuf) is doing this because he feels threatened," Doedens said.

"I've been a fan since I was a kid so I find this rather ironic. If you follow (Yusuf's) own website and you read his background, you see that he's very clearly a man of peace. And yet this sends exactly the opposite message." TORSTAR NEWS SERVICE

Life-saving drug funded — for 6 months

It costs $500K a year. Johann Kerlow may need Soliris for the rest of her life, but so far OHIP will cover only six months' worth

Johann Kerlow was an active community volunteer and passionate skier who almost never relied on medication. Then, this past summer, her organs suddenly started to fail.

Following routine knee surgery, Kerlow, 57, fell ill. Her blood and platelet counts were dropping and her kidneys were getting weak, but it wasn't immediately clear what was attacking her body. She was taken to Toronto General Hospital, where the diagnosis was delivered: atypical Hemolytic Uremic Syndrome (aHUS), a potentially life-threatening blood disease that attacks the major organs and affects just 60 to 90 Canadians a year.

"They had me hooked up to dialysis and plasma exchange, and my life was turned upside down," said Kerlow, a mother to three sons who lives in Markham.

The one drug Kerlow and her hematologist believed would ease her suffering was Soliris, which is approved by Health Canada for the treatment of aHUS but not funded by the Ontario government. The medication, made by Alexion Pharmaceuticals, costs about $500,000 a year. The provincial government does, however, cover the drug for the treatment of another rare blood disease.

Kerlow then became the latest Ontarian with a rare illness to speak out against the lack of access to expensive and potentially life-saving medication.

After going to her local MPP and other politicians, and after her doctor appealed to the health ministry, Kerlow was finally granted funding about two weeks ago for a six-month supply of Soliris. While she's feeling better and grateful for the funding, she wonders why the government would temporarily cover a drug she expects she'll need for life — and why they won't do the same for anyone else with aHUS.

"We're lobbying for everyone (affected) in Ontario to get it," she said. "It's a miracle drug. We really need it. It's the only thing that works for aHUS."

She's also fighting for her three adult-aged sons, who may have inherited the genetic disease. Her middle son, Jeff, has shown symptoms of aHUS in the past and received a kidney transplant several years ago.

Gabe De Roche, a spokesman for Health Minister Eric Hoskins, said he couldn't comment on Kerlow's case, but said in situations where a final funding decision has not been made for a particular drug, requests for access will be considered on a case-by-case basis.

"The request must be for a drug therapy that is directly related to the clinical condition that has resulted in the hospitalization and that drug in question is under review by the ministry," he wrote in an email. "Interim drug funding will be limited to a maximum six-month approval and will be reassessed as appropriate considering the patient's clinical condition."

De Roche said Soliris is not permanently funded for aHUS because of "unresolved concerns regarding diagnostic criteria, appropriate use, lack of long term efficacy and safety data, high cost, and uncertainty in cost-effectiveness." He said Connecticut-based Alexion submitted additional information this past June, which the Ministry of Health is reviewing.

TORSTAR NEWS SERVICE

Why is it so costly?

A spokeswoman for the drug company, Catherine London, said Soliris is expensive because of several factors, including "the severity and extreme rarity of PNH and aHUS, the life-transforming impact that Soliris has for patients, the enormous costs and risks of developing Soliris as an ultra-orphan therapy, (and) the costs associated with manufacturing this biopharmaceutical product."

Nurse Susan Cousins preps Johann Kerlow for her first infusion of Soliris at her home. Kerlow has a rare disease and needs access to Soliris for life. RICK MADONIK/TORSTAR NEWS SERVICE

World's longest, heaviest plane lands at Pearson

Ernest Gutschik couldn't sleep Sunday night.

The six-engine Antonov An-225 Mriya transport plane, the world's longest and heaviest aircraft, was scheduled to touch down at Pearson Airport Monday for the first time in its history.

The 16-year-old Gutschik and his father, Ernie, drove down from Mississauga early that morning, joining fellow aviation enthusiasts who had gathered for the landing of the plane, which can weigh up to 600,000 kilograms when fully loaded with cargo.

"It was a phenomenal sight to see," said Gutschik.

The An-225 was developed in the 1980s under the Soviet space program. The plane stretches 84 metres long with a wingspan of 88.4 metres.

Gutschik, who has been plane spotting at Pearson with his dad since he was five or six, was listening for updates on a radio scanner prior to the plane's arrival. It was late for its scheduled 6:37 a.m. landing, touching down at 7:01 a.m.

"I had several of my plane-spotting friends there as well," he said.

The Ukraine-based Antonov Airlines big bird was travelling from Doncaster, England with stops in Keflavik, Iceland, and in Goose Bay, Nfld. along the way to Toronto.

TORSTAR NEWS SERVICE

An Antonov An-225 Mriya transport plane, the world's longest and heaviest aircraft, landing at Toronto Pearson Airport on Monday. YOUTUBE

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Tories triumph in Yellowhead

Conservatives ahead in Whitby-Oshawa.
NDP vote seems to have collapsed

The Conservatives were hanging on to a narrow lead by an 11 p.m. report, in the late Jim Flaherty's suburban Toronto riding, while coasting to a decisive byelection victory in their Alberta stronghold of Yellowhead.

In Whitby-Oshawa, Tory Pat Perkins had captured just over 48 per cent of the vote, with just less than half of the polls reporting.

The former Whitby mayor was just six points ahead of Liberal Celina Caesar-Chavannes, who made the contest surprisingly competitive.

In 2011, former finance minister Flaherty took the riding with a comfortable 58 per cent of the vote. The Liberals took only 14 per cent, running third behind the NDP.

The Liberals have enjoyed a resurgence since Justin Trudeau took the helm 19 months ago, at the expense of the Tories and the NDP.

In Whitby, the NDP vote seems to have collapsed. Trish McAuliffe, who ran a respectable second to Flaherty in 2011 with 22 per cent of the vote, had mustered just over seven per cent by the 11 p.m. count.

In Yellowhead, Tory candidate Jim Eglinski, a former RCMP officer and former mayor of Fort St. John, had captured 64 per cent of the vote, a commanding lead with just over half of the polls reporting.

That was well ahead of Liberal Ryan Mahugn at 18 per cent and New Democrat Eric Rosendahl at just under 10 per cent.

Still, the Conservative margin of victory was shaping up to be narrower than 2011 when Rob Merrifield won the riding with a whopping 77 per cent of the vote.

The Liberal share of the vote more than quintupled over the dismal three per cent the party won in 2011, when it finished fourth behind the NDP and Greens.

The NDP was down slightly from its 13 per cent share in 2011; the Greens did not run a candidate in the byelection.

THE CANADIAN PRESS

Updates

Please visit metronews.ca for updates.

Nova Scotia donates Christmas tree to Boston for 43rd year

Dan Nightingale, right, fells a 13-metre tall white spruce, this year's Christmas tree for Boston, donated by John and Ethel Ann MacPherson, in Purlbrook, N.S. on Monday. Since 1971, Nova Scotia has given a tree to the people of Boston in gratitude for their assistance following the Halifax Explosion in 1917. ANDREW VAUGHAN/THE CANADIAN PRESS

Labrador

Residential school lawsuits say Ottawa liable

Fred Andersen and other former students of residential schools in Labrador will be in court in St. John's, N.L., Tuesday to fight for an apology and compensation from Ottawa.

They're among just over 1,000 plaintiffs in five certified class-action lawsuits who were excluded from Prime Minister Stephen Harper's apology in 2008 and a related compensation package.

Lawyers for the federal government deny it was responsible for schools located in St. Anthony, Cartwright, North West River, Nain and Makkovik that opened before the province joined Confederation in 1949.

The International Grenfell Association ran the first three, while the German-based Moravian Missionaries ran the other two.

THE CANADIAN PRESS

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Polk vehicle registrations data for Canada in the Large Premium Utility, Large Traditional Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility, and Small Utility segments. ¥Claim based on Ford's definition of single nameplate, which does not include rebadged vehicles, platform derivatives or other vehicle nameplate versions based on IHS Automotive Polk global new registrations for CY2013. ^Receive a Winter Safety Package which includes: four 4 winter tires, four (4) steel wheels, and four (4) tire pressure monitoring sensors when you purchase or lease any new 2014/2015 Ford Fiesta, Focus, Fusion, Escape, Edge (excluding Sport) or Explorer between October 1 and December 1, 2014. This offer is not applicable to any Fleet other than small fleets with an eligible FNI or Government customers and not combinable with CPA, GPC, CFP or Daily Rental Allowances. Some conditions apply. See Dealer for details. Vehicle handling characteristics, tire load index and speed rating may not be the same as factory-supplied all-season tires. Winter tires are meant to be operated during winter conditions and may require a higher cold inflation pressure than all-season tires. Consult your Ford of Canada Dealer for details including applicable warranty coverage. ~NO PURCHASE NECESSARY. Open only to legal residents of Ontario who have reached 18 years of age. Toy Mountain gift or cash donation, or new Ford vehicle test drive required to obtain an entry ballot. Five (5) prizes, with the grand prize of [1] new 2015 MUSTANG V6 COUPE valued at CAD$32,287 and four (4) $1,000 cash prizes. One (1) entry permitted per donation unwrapped toy. One (1) entry permitted per Ontario resident with proof, limit one (1) per purchase necessary entry per person per day. Odds of being selected as a finalist are solely dependent on the total number of ballots received. Odds of winning the vehicle prize as a finalist are 1 in 5. Contest closes December 1, 2014. Skill-testing question required. Full contest rules and regulations available at www.toymountain.ca. Proceeds to The Salvation Army Toronto Area Command. ^Offer only valid from November 1, 2014 to December 1, 2014 (the "Program Period") to Canadian resident customers who currently (during the Program Period) own or are leasing certain Ford car, Sport Utility Vehicle (SUV), Cross-Over Utility Vehicle (CUV), Minivan, or Pickup Truck models (each a "Qualifying Loyalty Model"), or certain competitive car, Sport Utility Vehicle (SUV), Cross-Over Utility Vehicle (CUV), Minivan, or Pickup Truck models (each a "Qualifying Conquest Model"). Qualifying customers will receive $1,000 with the purchase, lease, or factory order during the Program Period of a new qualifying 2014 Ford Escape, Edge, Flex, Explorer, Escape, Expedition, Transit Connect, E-Series, or 2014 F-150/Super Duty, 2014/2015 F-250 to F-450, or $1,500 with the purchase, lease, or factory order during the Program Period of a new qualifying 2014 Ford F-150 Regular Cab or Super Cab models – all Raptor and 2015 F-150 models are excluded (each an "Eligible Vehicle"). Some eligibility restrictions apply on Qualifying Loyalty and Conquest Models and Eligible Vehicles – see dealer for full offer criteria. Eligible Vehicle must be delivered and/or factory-ordered from your participating Ford dealer during the Program Period. Limit one (1) incentive per Eligible Vehicle sale, up to a maximum of two (2) separate Eligible Vehicle sales, per Qualifying Conquest/Loyalty Model. Each customer will be required to provide proof of ownership/registration and insurance of the applicable Qualifying Conquest/Loyalty Model (in Canada) for the previous 3 months and the ownership/registration address must match the address on the Lease Agreement or Lease Agreement for the Eligible Vehicle sale. Taxes payable before incentive is deducted. ©2014 Ford Motor Company of Canada, Limited. All rights reserved. SiriusXM, the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.

European militants featured prominently in video of beheadings

Militant identified. Officials say thousands of young Europeans have headed off to jihad

The cold-eyed militants lined up behind their victims in the latest video from the Islamic State of Iraq and the Levant (ISIL) appear to come from outside the Middle East, including one from France and possibly two from Britain.

The video lingers as much on the faces of the camouflaged extremists as the men who are beheaded. The victims include American aid worker Peter Kassig and more than a dozen Syrian soldiers.

The images of ISIL militants allowed authorities to identify one of them Monday as a 22-year-old Frenchman who converted to radical Islam.

Maxime Hauchard has been on the radar of French authorities since 2011, when he took two trips to Mauritania to attend a Quranic school, said Paris prosecutor Francois Molins.

The overwhelming majority of ISIL fighters are from the Mideast, but the extremist group is trying to cement its claim on an Islamic empire straddling Iraq and Syria.

Europe appears to be a fertile ground to find supporters, with officials saying thousands of young Europeans have headed off to jihad. More than 1,000 people in France alone are under surveillance for suspected plans to join the militants, officials said.

In the video released Sunday, a militant whose face was hooded had the familiar London accent of the jihadi who also appeared in beheading videos with American hostages James Foley and Steven Sotloff, and with British hostages David Haines and Alan Henning.

There also were indications that a Welsh medical student may be the man standing next to Hauchard. THE ASSOCIATED PRESS

Peter Kassig

The parents of an Indiana aid worker, Peter Kassig, who was beheaded by Islamic State militants say their son "experienced first-hand more of the harsh realities of life," but chose to believe in the good.

- Ed and Paula Kassig of Indianapolis read a brief statement Monday, the day after the U.S. confirmed that their 26-year-old son had been killed.

Kenyans rally for women's right to wear what they want

A Kenyan woman protests with others for the right to wear whichever clothes they want, at a demonstration in downtown on Monday in Nairobi, Kenya. A recent incident in which a mob of men surrounded a woman and tore her clothes off, leaving her naked in front of a bus stop after alleging that she was improperly dressed, is one of several videos that have surfaced online in recent days leading to a groundswell of anger. On Monday around 1,000 demonstrators, including a number of men supporting the cause, marched through the capital and protested online using the hashtag #MyDressMyChoice. BEN CURTIS/THE ASSOCIATED PRESS

Nebraska

Ebola-infected surgeon dies

A surgeon who contracted Ebola while working in his native Sierra Leone died Monday while being treated at a Nebraska hospital, the facility said.

Nebraska Medical Center said in a news release that Dr. Martin Salia died as a result of the disease. Salia, 44, had been working as a surgeon at Kissy United Methodist Hospital in Sierra Leone. THE ASSOCIATED PRESS

Ebola zone

Red Cross facing recruitment issues

Red Cross officials helping to lead the fight against Ebola in West Africa said Monday they're having trouble recruiting health care workers. Antoine Petitbon of the French Red Cross said the organization faces a problem: Sixty per cent of people it signs up to work in the Ebola zone back out due to pressure from families and friends. THE ASSOCIATED PRESS

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Airfares soar while fuel prices plummet

America. While jet fuel prices drop, those savings are not being passed on to fliers, who are also being hit with fees galore

Market Minute

DOLLAR 88.53¢ (-0.15¢)

TSX 14,882.50 (+39.40)

OIL $75.64 US (-$0.18)

GOLD $1,183.50 US (-$2.10)

Natural gas: $4.31 US (+$0.16)
Dow Jones: 17,647.75 (+13.01)

U.S. airlines are saving tens of millions of dollars every week because of lower prices for jet fuel, their largest expense. So why don't they share some of the savings with passengers?

Simply put: Airlines have no compelling reason to offer any breaks. Planes are full. Investors want a payout. And new planes are on order.

In fact, fares are going higher. And those bag fees that airlines instituted in 2008 when fuel prices spiked aren't going away either.

In the 12 months ended in September, U.S. airlines saved $1.6 billion on jet fuel. That helped them post a 5.7 per cent profit margin in the first three quarters of this year, robust for the industry but lagging behind the 10 per cent average for the Standard & Poor's 500.

In the past six years, airlines have done a great job of adjusting the number of flights to fall just short of demand. As a result, those who want to fly will pay a premium to do so. Airlines are selling a record 85.1 per cent of their domestic seats. Thanks to several mega-mergers, four big airlines control the vast majority of flights, leaving very little room for another airline to undercut fares.

The average domestic airline ticket during the 12-month period ending in September rose 3.5 per cent to $372.21, according to an Associated Press analysis of data from the Airlines Reporting Corp., which processes ticket transactions for airlines and travel agencies. That figure doesn't include another $56 in taxes and fees that passengers pay. THE ASSOCIATED PRESS

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See dealer for details. ♦♦$3,000 is a manufacturer to dealer delivery credit (tax exclusive) for 2014 Chevrolet Silverado 1500 Double Cab 4WD and is reflected in offers in this advertisement. Such credit is available only for cash purchase and by selecting lease or finance offers, consumers are foregoing such credit which will result in higher effective interest rates. Other cash credits available on most models. See dealer for details. ♦/♦♦/***Freight & PDI ($1,695), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. 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SHARING LEADS TO CARING: SCIENCE

SHE SAYS

Jessica Napier
metronews.ca

Dining out with a crowd can be a major headache. It's always a challenge to wrangle a group of friends into picking a date and an appropriate restaurant that suits everyone's dietary preferences. After that, you have to try snagging a table to accommodate a large party and bring out the calculators when it's time to pay the bill. All of this effort is enough to make even the most sociable foodies give up a night out in favour of a solo frozen pizza at home.

But before you settle in for a long winter of hermit-style eating habits, consider this: Enjoying food with others is actually good for you — not necessarily for your wallet or your waistline, but it just might help improve your interpersonal skills.

Spending meal times with friends and family and sharing food with one another can lead to increased levels of altruistic behaviour, according to a new study from Belgium published last month in Appetite. In this case, it's not about where you eat or with whom, but *how* you eat that makes a difference.

The study makes a clear distinction between sharing a meal together, and sharing food. Eating off your own plate in close proximity to fellow diners won't make you a better person. Sharing large dishes, on the other hand, encourages considerate and selfless behaviour in everyone at the table.

According to the research report, adults who engaged in shared meals during childhood were more likely to have "prosocial" personalities later in life compared to those who ate in solitary contexts. These communal eaters were more likely to help a friend move, give up their seat on public transit or offer directions to a stranger.

Of course, not everybody likes to share. While collective cuisine is customary in other cultures around the world, North Americans tend to cater more to individual preferences. As a result, people can get pretty territorial when it comes to their food. I know plenty of individuals who refuse to order tapas dishes or "family style" platters because they fear they won't get enough to eat.

Communal dining definitely demands a certain level of cooperation: It forces diners to be considerate of others and not just their own appetites. You have to be flexible, adaptable and open to trying new things — especially if everyone wants to order the calamari and you're a bit timid when it comes to tentacles.

Divvying up your meals requires mindfulness. It means abandoning your individual gluttonous instincts and distributing food equally at the table. You're less likely to overindulge when others are monitoring your portion sizes; no one wants to be the greedy friend who took more than his or her fair share. And just think how much easier it is to split the cheque evenly rather than argue over who had the more expensive entrée.

Regulation: The Coupons Game

A student plays a new board game that ridicules the Communist-era food and goods rationing system, as the game is launched Monday in Warsaw, Poland. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Ration your food! Wash dishes for the collective good! What fun!

A new Polish board game ridicules the Communist-era rationing system that was used in the 20th century to keep prices under control and fight speculation, with food and goods difficult to get.

Regulation. The Coupons Game was launched Monday by the state-run National Remembrance Institute, which teaches Polish history.

The head of the institute's public education section, Andrzej Zawistowski, said state rationing of goods was introduced in times of war or crisis. It was last used in Poland in the 1970s and '80s due to a shortage of food, fuel and other goods.

THE ASSOCIATED PRESS

How to play

In the game, players are tasked with duties such as cooking a dinner or doing the washing.

- They need to trade their rationing coupons cleverly to be able to buy the necessary products before they run out.

MetroTube

The cutest way to overcome your fears

ANDREW FIFIELD
andrew.fifield@metronews.ca

OK, so we're not going to crack wise about why Queso the pit bull is so frightened of passing through doorways, because such a terrifying association is sad. But Queso is all good now, and appears to be in an extremely healthy and happy home — one so comfortable, it's provided him with the security to come up with a clever workaround. (Rhiannon Hamm/YouTube)

ISTOCK

Twitter

@metropicks asked: Chopin died in Paris, but he wanted his heart sent to Poland. Where would you like your heart to rest?

@LoveLevity: I would like my ashes spread at some of the worlds best festivals. Burning man in the US and Shambhala in Canada.

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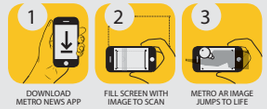

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Wolk-case scenario? Fans can't quite place his face

Television. Busy actor James Wolk isn't complaining if viewers recognize him, but don't know from which show

NED EHRBAR
Metro in Hollywood

James Wolk GETTY IMAGES

Always Woodstock star James Wolk has become a familiar face to viewers all over, thanks to work on the small screen on Mad Men, Shameless, Happy Endings, The Crazy Ones and a slew of other shows. But he still sometimes forgets about that when he runs into those viewers in public.

Have you ever had your own quarter-life crisis like the one Catherine (Allison Miller) has in Always Woodstock? Where you start to question everything you've been doing with your life?
You know, Catherine obviously goes through a huge quarter-life crisis. For me, I think getting into my late 20s really shifted where I place importance in my life. There are definitely a few times I could point to, a pivotal time where there was a change in my focus. I don't know if that's a quarter-life crisis so much as a quarter-life, like, taking stock of ... yeah.

Like a readjustment?
Yeah, a quarter-life readjustment, perfect. It doesn't sound as dramatic. Hey, maybe mine's still coming, who knows. You never know. Thank God I've been busy, and it's been an incredible journey. No career doubts, nope.

Do you get a sense when people see you on the street which TV show they're recognizing you from?
I don't even know. It's a real crap shoot at this point. It's awesome that I can't point to one thing and people kind of come up with different shows. This was the best one: Somebody the other day was like, "You know who you look exactly like?" And I think it's maybe because I don't carry myself in a (famous) way. I don't come in with my sunglasses and my head down. I don't come in as though I am anyone because, number one, I don't think that I am, and I also kind of forget that I've been on these shows. So I walk in and I'm waiting to order my coffee or something, and someone will look at me and I'll be like, do I have something on my face? What's going on? I literally forget that I'm an actor. So I think that translates, and then they go, "You know who you look like?" Sometimes I'll be like, "It's funny you say that, I get that a lot," or sometimes I'll just be like, "Yeah, it's me."

Wait, how often do you pretend you're not you?
Very rarely, very rarely. Because I almost think it's rude.

I know you're not really allowed to talk about what's going to happen on Mad Men, but let's talk about what already has happened. Have you lost your fan favourite status since how the last few episodes shook out for Bob Benson?
Yeah, the fans were like, "How could you?" People became indignant about it, it was amazing. It was really unbelievable. He definitely was beloved, and we'll see what happens. I can't say anything about what's going to happen, yeah, but it's amazing to see people respond to him like that — or, you know, not respond to him.

Quoted

"It's awesome that I can't point to one thing and people kind of come up with different shows. This was the best one, somebody the other day was like, 'You know who you look exactly like?'"
Actor James Wolk

DVD review

22 Jump Street

Directors. Phil Lord, Christopher Miller

Stars. Channing Tatum, Jonah Hill

There's nothing Channing Tatum and Jonah Hill guys won't do (or redo) for a laugh, the bigger the better and as stupidly as possible.

While everything in 22 Jump Street is writ larger from their earlier pairing in 21 Jump Street), it's also mirthfully familiar to their earlier hit. They're still going undercover as students, to college this time instead of high school, and once again sleuthing the source of a lethal new street drug.

They're also once again under the anarchic guidance of co-directors Phil Lord and Christopher Miller.

22 Jump Street may sound like a cash grab in yet another franchise, but Lord and Miller mercilessly riff on that very idea. This is serious meta mayhem.

PETER HOWELL

Exotic, majestic and lovable — pigeons?

Television. CBC documentary shows a whole different side of the lowly bird that city-dwellers often treat with contempt

RICHARD CROUSE
scene@metronews.ca

Whether they're invading your condo balcony, blocking the sidewalk, ruining lunch on the patio or bombarding your car, there's not a whole lot of love out there for pigeons.

But director Scott Harper would like to change all those rat-like perceptions of these noble birds.

"They have a varied and amazing story in service of humankind," he insists.

"What makes them kind of lovable is that they've done all this for us and yet, for the most part, they are greeted with contempt."

His documentary, The Secret Life of Pigeons, airs Nov. 20 at 8 p.m. ET on CBC's The Nature of Things.

"We were looking for a nature story that hadn't been told yet, and their story was just unbelievable," he says.

"They are the world's oldest domestic animal. You see them in ancient Egyptian hieroglyphs, in Mesopotamian tablets," he notes. "They were the first animals used to communicate. In ancient battles, Genghis Khan, Julius Caesar and the Egyptians used them to send messages across enemy lines.

"They were the first phone service, the first postal service. Before that, they were domesticated as food," he adds.

"So they've been a source of food, they've been an amazing source of communication, especially through war, delivering medicines, financial information and, eventually, they also became a source of entertainment; racing the birds, breeding the birds."

To illustrate the majesty of the city pigeon, Harper strapped a camera on one of them, literally giving us a bird's eye view of Toronto.

"What you get from that is a perspective on the city, and just how nimble they are."

Pigeons are the world's oldest domestic animals, dating back to ancient Egypt, and were the first form of long-distance communication. A documentary celebrating the misunderstood bird airs Thursday on CBC. CONTRIBUTED

Harper also profiles Cliff Robertson, a Manitoba cattle farmer who has kept birds since he was five, and now has 800 fancy Jacobin pigeons.

His favourite breed is an eccentric-looking bird with "a collar of feathers that grows from the neck and radiates upward, encasing the head. People would not recognize them at all as a pigeon."

"We don't know how many varieties there are," Robertson says. "We are guessing there are in excess of a thousand species of pigeons."

He notes there are organized pigeon clubs and contests on every continent except Antarctica.

"I've judged all over the world. I've judged in Saudi Arabia, Bahrain and Qatar. When I go there, it is unbelievable. You walk in and you're like a rock star. Seven out of 10 men who have hobbies in the Middle East have birds. Until the early '80s, worldwide, pigeons were the third-biggest hobby next to stamps and coins."

Harper isn't surprised by the popularity of pigeons around the world.

"If you look at them long enough, you'll see something quite exotic and something quite impressive, as opposed to something dirty."

Quoted

"Until the early '80s, worldwide, pigeons were the third-biggest hobby next to stamps and coins."

Pigeon fancier Cliff Robertson, on the popularity of raising and racing the birds

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The Word

Bono's bike boo-boo brings Tonight Show bow-out

NED EHRBAR
Metro in Hollywood

First the falling luggage, now this. Bono is proving he's a danger to himself and others whether in the air or on land. I'm assuming next week he'll fall over the railing of a cruise ship like Pete Campbell's mom.

Bono was bicycling in Central Park recently when he took a nasty spill — so nasty that he has to undergo surgery to treat an arm injury. The spill has spurred the band to postpone a planned week-long residency at The Tonight Show, the other three U2 members announced on the band's site.

"It looks like we will have to do our Tonight Show residency another time — we're one man down," the message reads. "We're sure he'll make a full recovery soon, so we'll be back!" Given Bono's recent penchant for disaster, that sounds kind of threatening.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Farrell flexes writing muscle in support of Irish marriage equality

In other, more pleasant Ireland-related news, Colin Farrell is making noise for gay rights in his home country — and letting everyone know that he has a very attractive gay brother in the process (even if that brother is off the market already).

Farrell published a letter in Dublin's Sunday World pushing for marriage equality in Ireland. And, as it turns out, the Total Recall star has quite a way with words.

"My brother Eamon didn't choose to be gay. But he was always proud of who he was. Proud and defiant and, of course, provocative. Even when others were casting him out with fists and ridicule and laughter of pure loathsome derision, he maintained an integrity and dignity that flew in the face of the cruelty that befell him," he writes.

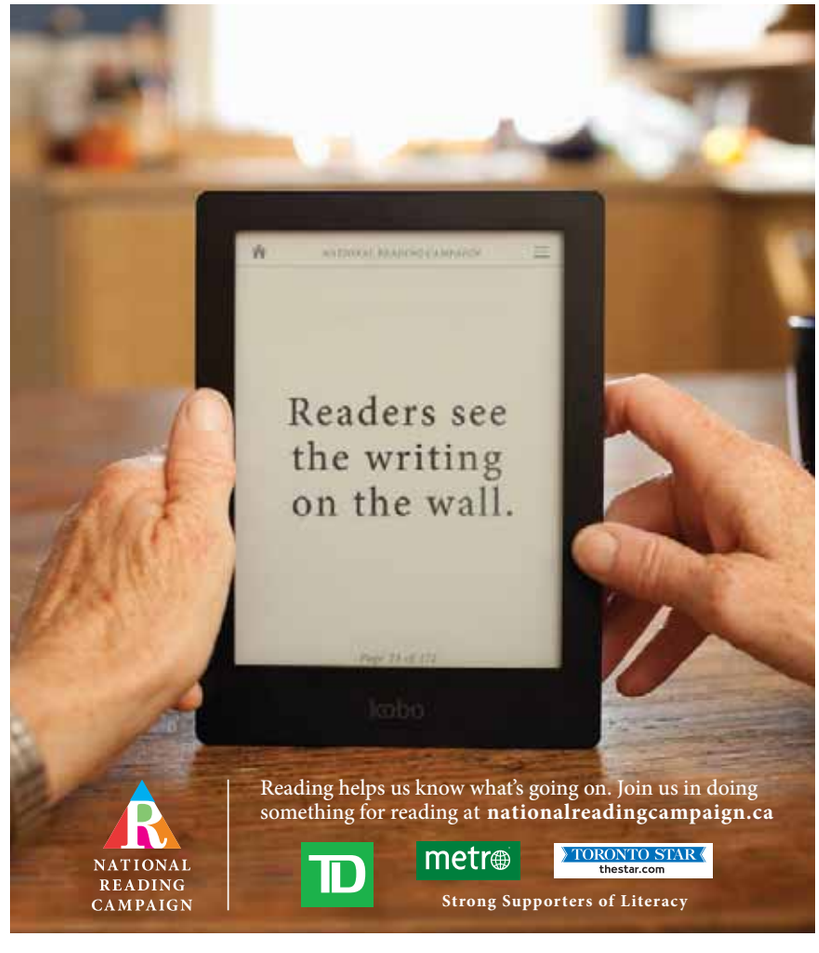
Colin Farrell ALL PHOTOS: GETTY IMAGES

"The fact that my brother had to leave Ireland to have his dream of being married become real is insane. It's time to right the scales of justice here."

Nicki Minaj

Nicki Minaj's credit score takes a dive

Nicki Minaj has seen her credit score drop nearly 100 points ever since an outlet accidentally published her social security number while writing about the R&B star's 2003 shoplifting arrest, according to Radar Online. "Nicki's credit score dropped almost 100 points soon after because there were many inquiries into her financial records. The credit reporting agencies, detecting a lot of irregular activity, immediately notified Nicki's camp," a source says. "Since Nicki's social security number was made public on the booking information sheet, and that was leaked to the media this week, it's out there now. Nicki might have to get a new social security number. It's caused her a lot of stress."



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Do you want to get waisted?

Waist training. An updated version of the 19th-century corset is making a comeback

IZABELA SZYDLO
life@metronews.ca

The idea behind waist training is that the garment will cause extreme sweating in the midsection and result in an hourglass figure. CONTRIBUTED

If you knew Kim and Khloe Kardashian and Jessica Alba wore a corset to attain that elusive hourglass figure, would you wear one, too? If Instagram's almost 300,000 search results for the hashtag #waisttraining are any indication, celebrity endorsements seem like a good enough reason to say yes.

But is waist training all it's laced up to be?

Aisha George is the owner of 416 Hour Glass Girls, a Toronto company specializing in waist trainers. Before launching her business a year ago, George had an accident that resulted in lower back pain. Her doctor recommended a waist trainer for support and, to George's surprise, the unintended side effect was weight loss. She says she went from an extra large to a medium in five weeks.

"It is a modernized version of the corset," she says. "Most of the waist trainers are made of latex or cotton with boning and have only two hooks in the back. So it isn't the extreme corset with lacing from the Victorian era."

George says the idea is to wear the garment for a minimum of two to a maximum of eight hours daily, which, due to the compression, encourages the intake of smaller meals and also causes extreme sweating in the mid-section. If used consistently, supporters claim it will radically reduce and reshape the waist.

But Rita Catolino, a certified personal trainer and online transformation coach, isn't buying it.

"We're in this society of instant gratification and it's playing on people's desperation. You can't put something tight around your body and have it change on a cellular level or lose fat percentage," says Catolino. "All you're doing is shifting the weight around. You'll sweat more so you'll lose water weight, but in two days, when your body rehydrates, that weight will come back."

Catolino also identifies a host of health concerns that could arise from waist training, such as bruised ribs, digestive issues, respiratory problems and chafing.

"It's almost so obvious how bad it is," she says, pointing to digestion as an example. "The whole process of digestion starts from swallowing to food being broken down and moving to your colon. If things are being squished it won't happen the way it should."

George, however, chalks up the possible dangers to sizing.

"No one who has purchased from me has experienced digestive issues because I ensure my clients get proper sizes," she says. "If you are a large but get a small, you will have extreme discomfort. That is not the safe way to waist train. You should be able to breathe, eat and work out in the garment. Yes, you may want to eat smaller portions, but that is what many fitness experts recommend anyway. I also recommend wearing a camisole under the garment to prevent skin issues."

One of George's clients, Kim Thornhill of Oakville, Ont., uses the more breathable cotton waist trainer during cardio. She says despite the possible dangers and the fact that currently no medical research exists to support waist training as a weight-loss method, she isn't discouraged. She does, however, believe people shouldn't rely solely on the practice.

"I use the waist trainer as an aid in maintaining an hour glass shape and I'm also supporting that with exercise, eating right and yoga," she says. "As with anything, people can take it to the extreme. But I've seen results from waist training and plan on continuing."

Kim Kardashian gushed about waist training with this post. INSTAGRAM

The slow and steady way

George encourages clients to pair waist training with diet and exercise for optimum results. Catolino, meanwhile, is an advocate of working with what you've got. "You can make your waist look smaller by training your shoulders with lateral pull-downs, lateral raises and overhead presses. When you have larger shoulders, you'll have the V-taper. Training your glutes is another way. The higher and bigger your glutes, the smaller your waist will look."

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Racing toward a life less ordinary

Wellness. At age 17, Ryan Reed was told he'd never race again; catch him in NASCAR's junior league this season

EVA KIS
Metro in New York City

Ryan Reed may be on the fast track to NASCAR racing, but he had to get there his own way.

When they were growing up in California, Reed's older brother Cole drove a Ford Mustang, the same car Reed now races. Though he says he has "a lot of pretty awesome memories" of his brother's car, they're all from the passenger seat.

"There was no chance of me driving it," he tells Metro. "My first car was actually the truck that pulled my race trailer."

Getting behind the wheel wasn't his only challenge. Reed, 21, is in many ways not the typical Type 1 diabetes sufferer. He was diagnosed in his late teens with the disease, which (like Type 2 diabetes) has a genetic component but is triggered by unknown factors.

Finding out the facts

I didn't know much about diabetes. There's a lot of misinformation about diabetes that weighed on me.
Ryan Reed, NASCAR driver

"I definitely had a lot of the symptoms. I was pretty sick, but it was still a shock," Reed says. "I didn't know much about diabetes. There's a lot of misinformation about diabetes that weighed on me."

The heaviest of his concerns was about his career: By age four, he was already a Kid's Kart Track champion, and by eight, Junior 1 Corner champ. But doctors told him he would have to give it all up.

Ryan Reed's race car is outfitted with a dashboard that includes a blood glucose monitor. CONTRIBUTED

"I felt like I could adapt my life, but not to race would be really hard to accept."

So he didn't. Reed began managing the disease, instead of letting it set the boundaries.

His Roush Fenway Racing stock car is outfitted with a rig that allows him to drink fluids while racing, and he receives insulin injections during pit stops.

But, as with racing, managing his condition is about preparation through a healthy diet and exercise.

He works with a nutritionist and does strength and endurance training at the gym.

And besides his car, there's another machine that travels with him on race day: a road bike.

"The tracks tend to be in really beautiful areas, so I'll get on my bike and check it out."

Through Drive to Stop Diabetes, Reed works with children's organizations, and though he's usually asked about what brand of insulin pump he uses and how often he checks his blood sugar, it's hearing about what's still possible with diabetes that gets kids excited.

"I have Type 1 diabetes, and I'm still driving a race car. It doesn't make (diabetes) cool, but it makes it a little less scary."

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Just got back from a land far away? You may not excel at work right away

Career. Basking in the sun for a short while doesn't necessarily lead to a working week without worry

You've found the five-star hotel, but your brain's still in business mode. Instead of working on that laptop, work on engaging in a relaxing activity. CONTRIBUTED

Need a vacation to recover from that vacation? You're not alone, say experts from the University of Ottawa.

Typical vacations do not decrease long-term work-related stress levels, according to Jane O'Reilly, a human resources professor. In other words, an employee goes away, stress goes down. He comes back, stress goes up.

What's more, if vacation experiences are "resource-consuming," they can leave someone even feeling more drained than before, said another human resources professor, Laurent Lapierre.

Experts say that with a little planning, though, these pitfalls can be avoided. Here are four ways to get more rest, have more fun, and avoid wasting that precious summer reprieve.

Pitfalls of being productive

When people experience work-related stress during a vacation, it can be because they are "output-oriented" individuals, according to management professor Michael Miles.

"They worry about getting this done and getting that done," he said.

Some people just need to recognize that this need to be productive is an aspect of their personality, he said.

"The one thing that I found for myself — I fall into that category — is that I make goals for my vacation itself. So for example, one of my goals for this vacation is to clean out my garage, which sounds really crazy, but it's really relaxing. It's enjoyable because it's a goal and I can check it off and feel like I've achieved something."

Working on personal projects and checking items off a "bucket list" can both be fulfilling alternatives to work, according to O'Reilly.

Relaxing without the resort

O'Reilly suggests two time-management strategies to reduce stress before and after a vacation.

Make a list of all the things that need to be done before leaving, and resist the temptation to leave things for after the break.

Miles said this is an especially rewarding strategy for output-oriented people, because it "fits naturally for the personality that is trying to achieve things." Leaving on a high note of productivity and accomplishment, he said, will help output-oriented people relax once they're away.

O'Reilly's second strategy is to "be mentally and logistically prepared for your workload upon your return. Organize your tasks based upon what is most important to get done." This approach — doing the big chunks first and working through details later — is a habit of successful and productive people in general, said Miles.

Prioritize being a couch potato

While some vacations consume resources like time and energy, there are also "resource-providing" ones, said Lapierre. Colloquially, these are laid-back vacations that help people "recharge their batteries."

He suggests dedicating time off to doing things that promote relaxation — such as massages, yoga, using a sauna, going swimming — or cultivating a talent, hobby or passion.

And, if a person must reflect on work while they're away, Lapierre suggests focusing on the positive aspects of work rather than ruminating on the negative.

"Taking the time to have positive work reflections and conversations with others is a highly recommended thing to do," he said.

THE CANADIAN PRESS

Get serious about going slow

- Human resources professor Jane O'Reilly suggests keeping a vacation plan simple, so there aren't any unexpected, stressful hassles on the way, as these drain resources and can make a holiday feel like more trouble than it's worth.

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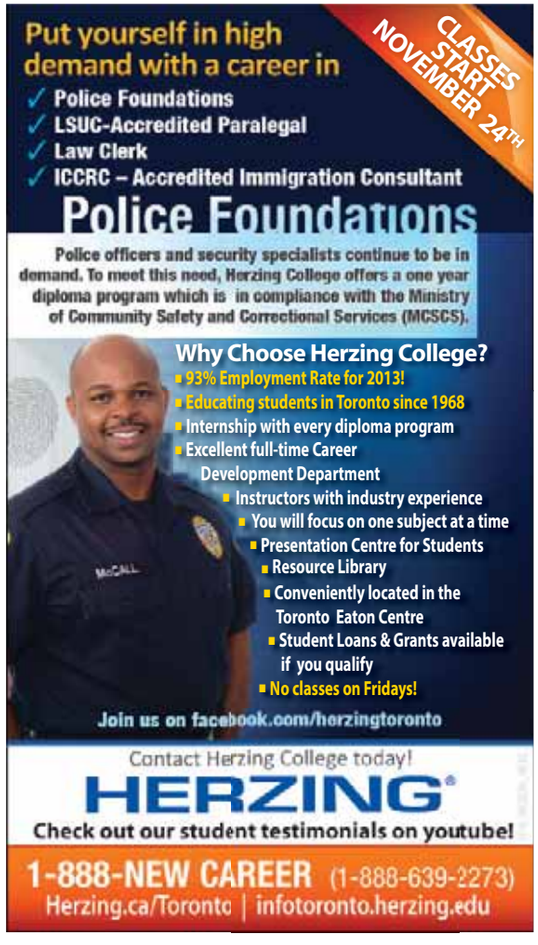
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CREDIT CARDS

Freedom to fly

Where you want, when you want with Aventura Points

SHUTTERSTOCK

Cost-conscious Canadian travellers and shoppers want premium credit cards that offer reward points for their purchases. With CIBC's popular Aventura credit cards, consumers can earn premium rewards, including a "welcome bonus" of up to 20,000 Aventura Points — that's enough for a short-haul flight worth up to $400.

The renewed CIBC Aventura Rewards Program has been exceeding expectations since it was introduced last year. That makes sense, considering that this rewards program gives Canadians the freedom to fly where they want, when they want. The travel reward features mean that cardholders can redeem reward points for travel on any airline, have access to any available seat on the plane and fly for as few as 10,000 Aventura Points, all while enjoying no blackout periods or points expiry.

For those who enjoy shopping, the Aventura card will earn 1.5 Aventura Points for every dollar spent at gas stations, grocery stores and drugstores, two Aventura Points for every dollar spent on travel purchases made through the CIBC Rewards Centre, and three Aventura Points per dollar spent at select CIBC Bonus Rewards establishments.

Other popular features include trip cancellation, medical and trip interruption insurance, plus free round-the-clock access to CIBC Travel Concierge Service. CIBC's concierge service is well-known for its strong customer service. Travel agents work with cardholders from start to finish to provide valuable travel advice.

Other Aventura Rewards Program benefits include car rental discounts of up to 25 per cent at participating Avis and Budget locations, purchase security and extended protection insurance, auto rental collision/loss damage insurance, and flight delay and baggage insurance.

CIBC's Aventura Program was built on input it received from rewards collectors. In building the program, CIBC listened to Canadians' feedback about current travel rewards programs and built the Aventura with their wish list in mind.

THE FEATURES YOU WANT

To create its popular Aventura credit card, CIBC did its due diligence and asked Canadians what they were seeking in a travel reward program. Among the results, this important request stood out — clients wanted the ability to earn more points for their spending, as well as earn those points faster.

So CIBC Aventura's offer of 1.5 points per dollar spent on gas, grocery and drugstore purchases was an attractive feature. It just makes sense — who wouldn't enjoy earning extra points for ordinary purchases they would have made anyway?

When it came to booking flights, the research showed Canadians wanted the flexibility to know that they could access any available seat on any airline. As well, they didn't want any blackout periods or points expiry, and they wanted to be able to use their points toward taxes and fees.

With so many travel rewards options available, Canadians have become savvy about the pros and cons of the various programs in the market. Travel reward cardholders view CIBC's Aventura offer as attractive due to the value that Aventura Points provide toward travel costs and the ability to book travel without limitations — that means any airline, any seat, any time.

CIBC's Aventura Program also has no blackouts and no points expiry, which means cardholders can use their available Aventura Points to cover everything, including taxes and fees. With Aventura, there are short-haul flights for as low as 10,000 points and long-haul flights for as low as 25,000 points.

It's also possible to use a combination of cash and points to pay for travel. To get started, cardholders will receive a special activation bonus of up to 20,000 Aventura Points.

CIBC listened carefully to what clients said they wanted and compared the CIBC Aventura Program against existing programs. The research clearly indicates that the enhanced CIBC Aventura Program provides great value to Canadians on the features that are important to them.

WIN WHAT YOU REDEEM

CIBC's Aventura Rewards Program members are currently enjoying a popular promotion called the Win What You Redeem contest, in which one person wins any redeemed points back every month.

The CIBC Aventura Rewards Program is also running special travel offers in November, including:

- Sandals Resorts — Earn an extra 10,000 Aventura Points when you book an all-inclusive luxury Sandals or Beaches vacation package.
- Sunwing RIU inclusions — Get extra services and discounts when you book RIU resorts through the CIBC Rewards Centre.
- Holland America Cruise signature amenities — These seven-night cruises start from 69,900 Aventura Points, and you will get a $50 credit when you book through the CIBC Rewards Centre.
- Rainforest Adventures — Receive a discounted adventure trip such as treetop trekking.

Earn 50% more points on everyday items.

Join and earn up to 20,000 Aventura Points.[1]

Shopping just got more rewarding. Earn points and get flying faster when you use your CIBC Aventura® card to make grocery, gas or drugstore purchases.[2] Plus your Welcome Bonus of 20,000 points is enough for a short haul flight worth up to $400.[3]

CIBC

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Visit us at cibc.com/penguinscanfly or call 1 855 813-9803.

[1]Offer applies only to newly approved eligible Aventura credit card accounts opened by December 31, 2014; transfers from an existing CIBC credit card are excluded. Bonus points will be awarded to the primary cardholder after making qualifying purchases. Offer may be withdrawn or changed without notice at any time. Conditions apply; for details visit cibc.com/penguinscanfly. [2]Available with Aventura Visa Infinite, Aventura Gold Visa and Aventura World Elite MasterCard cards. Earn 1.5 Aventura Points on purchases (excluding returns) at merchants classified in the credit card network as grocery stores, service stations/automated gas dispensers or drug stores. This bonus Aventura Points offer is only available on the first $80,000 in net annual card purchases on your account (meaning all card purchases by all cardholders, at any type of merchant); after that, net card purchases at grocery, drug store and gas merchants will earn Aventura Points at the regular rate. The $80,000 limit will reset to zero after the day your December statement is printed. Terms, conditions and eligible merchant categories may change without notice. [3]For further details, see the Aventura Airlines Rewards Chart at cibcrewards.com. Visa* and Visa Infinite* are trademarks of Visa International Service Association and used under licence. The Contactless Indicator is a trademark of EMV Co. LLC. All other trademarks are owned by CIBC or related entities.

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SHUTTERSTOCK

Leveraging the value of your home

Savvy homeowners have a new way to make the most of their investment: A credit card loaded with valuable features and secured by the equity they have amassed in their home.

The Equityline® Visa* is a no-fee card that not only provides access to up to $100,000 in revolving credit at an interest rate as low as 9.99 per cent, but also pays back one per cent in cash on every purchase.

Adding CashBack Rewards to the Equityline Visa card is the latest move by Home Trust, a Canadian trust company with offices across the country. For more than 25 years, Home Trust has worked with mortgage brokers to deliver innovative mortgage and credit solutions to Canadians. The company designed the Equityline Visa card to appeal to a specific group — homeowners who struggle to find a credit card with the features they want.

"Many homeowners are interested in a simple, no-fee card with a large credit limit and a straightforward reward program," says Jim Kozack, Home Trust's vice-president of customer programs. "Every purchase made with an Equityline Visa card earns a one per cent cash reward. Unlike other cards, there are no complicated earnings schedules and no limits to reward amounts. Cardholders also get valuable travellers' benefits such as car rental insurance and guaranteed hotel reservations."

The key to Equityline Visa is that it leverages home equity — the difference between a home's current value and its remaining mortgage. More and more Canadians are seeing significant increases in their home equity as housing prices in most communities continue their steady rise. Few Canadians, however, know how to harness the tremendous potential power of this equity.

"With Equityline Visa, you can consolidate debt to reduce interest payments, finance post-secondary education or even complete that renovation project you've been putting off for years," Kozack says. "And we take great pride in providing personalized service."

FEATURES OF AN EQUITYLINE VISA

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CONTINUING EDUCATION

Add a new language to your skill set

At George Brown College

Learning a second or third language in our globalized world has many benefits. Research shows that it makes your mind stronger and more creative, improves your memory and communication skills, and makes you a better listener. It also offers clear advantages in the workplace.

Why German?

"German is fun to learn and not that hard," says Heidi Van Bael, who teaches the introductory German program, German I, a George Brown Centre for Continuous Learning course. "German is the most widely spoken language in Europe. Plus, Germany has one of the largest economies in the world and one of the strongest export markets, which makes German a very popular and useful language in China and East Asia."

The in-class approach gives students the opportunity to meet others with similar interests, to connect with people with whom they can practise and to ask questions in a classroom environment.

CONTRIBUTED

"At George Brown College, you learn in a group, which can be more motivating than individually, and it gives you the opportunity for real communication," Van Bael says. "Classes are small, with between 10 and 16 students, so you get enough individual attention and opportunities to speak."

Most students in German I have no experience speaking German. As your proficiency with the language improves, you move on to levels II and III. Upon completion of level III, students are eligible to receive a letter of recognition.

"In German I, our focus is teaching students to understand and express themselves in German, starting with everyday situations," Van Bael says.

"The course is very practical and concrete, with a lot of reviewing in class because most students work or study full time and don't have much time to study. Communicating in German is the goal."

A FIVE-STAR EXPERIENCE

Student James Lowery shares his thoughts on German I at George Brown:

"I learned French and Spanish in high school, and went on to study Italian and Portuguese in university. I am very passionate about language learning and wanted to further enrich my skill set. As I was looking for a non-Latin based language, German seemed like the perfect choice as it shares many parallels with the English language.

"The course takes a conversational approach to learning German, and thus forces the learner to try to communicate in real-life contexts and employ learned grammatical structures. History, culture and the arts are all incorporated, making the learning extremely fun and dynamic. I plan continuing my German studies at George Brown and I hope to stay in touch with all of the friends that I have made in the class. All in all, (it was) a five-star experience."

TAKING YOUR DIGITAL EXPERTISE TO NEXT LEVEL

With a growing need in the workplace for employees with specialized skills in analytics, such as search engine marketing specialists, web analysts and digital marketing strategists, George Brown's Centre for Continuous Learning has introduced a new digital analytics certificate.

"The digital analytics certificate program has been created for people working in marketing, website development, search engine optimization, social media metrics and digital advertising," says Jonathan Gould, chair of business, arts and design. "There is no prerequisite education or work history, but students should have basic experience with social media platforms and spreadsheets. Students learn to measure, analyze and optimize digital communications."

Rachael Anger is a student in the program who chose it to further her career in web analytics.

"I currently work in a web-based business and this certificate was one of very few programs available in the area of web analytics. The courses will allow me to move into a web analytics career when I've completed the certificate."

Anger feels web analytics is a fascinating field and one that needs more courses and programs offered in the future.

She is "already starting to see the benefits (of the program), as I have learned how websites are created and optimized for the consumer."

Like all George Brown continuing education courses, this program has been designed with flexibility in mind.

"It can be completed in as little as eight months, but students can take longer if desired," Gould says. "All courses within the program are offered in-class, and many are also available online."

Classes run in the evening, which makes it ideal for working adults. The certificate program is also very affordable — students can pay on a course-by-course basis.

"I've previously completed other full-time programs and other certificates at George Brown College and love the flexibility this college has to offer," Anger says. "The programs are always very informative and the skills you learn can be used on the job right away."

Find out more about George Brown's Centre for Continuous Learning at coned.georgebrown.ca.

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PERSEVERANCE MATTERS

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Marlene Henry describes her experience as a textbook case for how challenging it can be to settle in a new country. Having emigrated from Jamaica in 1991, Henry spent years working menial jobs to support her two daughters before deciding to go back to school to pursue a diploma in social work.

Henry enrolled in Seneca College's social service worker — immigrant and refugee program.

"Given my experiences as an immigrant and the work I do through my own charity, Helping Hands International, I knew this was the stream for me," she says.

Nevertheless, the transition wasn't easy. Due to personal circumstances, Henry nearly dropped out of the program after her first semester. She credits the support of her professors for helping her persevere through her personal challenges.

"They counselled me and encouraged me, and they would not let me give up," she says.

In February 2013, at the end of her program, Henry had a placement opportunity to travel to Jamaica as part of Seneca's social service worker Jamaica project.

Marlene Henry

"I worked with the deported community there," Henry says. "It really showed me the challenges that deportees have when they return to their home countries. There are so many barriers. I was determined to go back to Jamaica to help."

This determination is what drove Henry to take her education even further. Thanks to an articulation agreement between Algoma University and Seneca, Henry recently completed a community development degree at Algoma. After graduation, she landed a job as a social service worker in Sault Ste. Marie and also continues to engage in her personal charity work.

"I'm grateful for the experience I had at Seneca and I often use my story as an example for others," Henry says. "I want others who are facing similar challenges to draw from my experience and say, if she did it, I can, too."

For more about Henry's story and the stories of others, visit becauseitmatters.ca.

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UNIVERSITY OF TORONTO
SCHOOL OF CONTINUING STUDIES

Discover a passion for learning at U of T

Woodsworth College academic bridging program

Do you want to go to university but didn't do well in high school or perhaps didn't even finish?

There is a way. Just ask Roberta Miggiani, a former high school dropout who is now a graduate of the University of Toronto. She took a job in business when she was 17, but came to realize that she had little chance of advancement without a university degree.

"I always wanted to pursue post-secondary studies, but never thought I would have the opportunity," she says.

Then her life changed when she discovered the academic bridging program at Woodsworth College, University of Toronto.

The academic bridging program offers a second chance to non-traditional students, like Miggiani, to explore and pursue a post-secondary education.

Lately, it is also addressing the so-called gender gap in education — the declining number of male students.

Today, more than half of the students in the program are young men who want to turn their lives around, such as Matt Hitch. Hitch felt his life was in a rut because he felt he had squandered his opportunity to attend university when in high school, but then he, too, discovered the academic bridging program and now is a third-year student at the University of Toronto.

Like Hitch, those who successfully complete their foundational bridging course are automatically admitted to the faculty of arts and science with one full credit toward their U of T degree. Financial assistance is also available to help cover expenses.

"The bridging program offered me a chance to prove that I could succeed in university despite my lack of educational credentials and I discovered a passion for learning," Miggiani says.

This past June, Miggiani received an honours bachelor of arts degree with high distinction from the University of Toronto and is now employed in registrar services advising students.

"I can call upon my own experiences to help prospective students make the transition to university studies," Miggiani says. "I am proof that non-conventional students can thrive in higher education."

SHUTTERSTOCK

Miggiani can't say enough positive things about the bridging program

"I encourage anyone who has imagined themselves in a university environment to investigate the academic bridging program and see what it may hold for the them."

Or, as Hitch says, be prepared for a "life-changing experience."

There is still time to register for the term beginning in January. For information, visit wdw.utoronto.ca/bridgingm or phone the bridging office at 416-978-7487.

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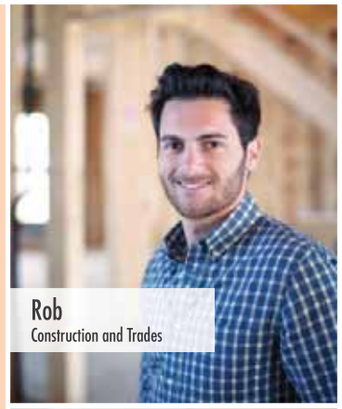


GEORGE BROWN COLLEGE
School of Continuing Education

coned.georgebrown.ca

Register now for winter courses!

Design your own HR program at U of T

Entrepreneurs and small and medium-sized business owners have to wear many hats, but perhaps none so challenging as managing human resources. Without an in-house expert, it's key to the success of an organization that these individuals get HR skills and training that's not simply on the job.

The University of Toronto's school of continuing studies recently introduced the certificate in human resource management essentials, a unique program offering participants an opportunity to design the program that best suits their needs.

"For this certificate, students take three courses from our suite of nine human resources course offerings; human resources management is the foundational course, plus two additional courses," says Keri Damen, program director, business and professional studies.

Students have two years to complete the program.

"This certificate was developed for those keen to learn or expand skills in areas such as HR management, recruitment and compensation. It also offers recent grads and career changers the ability to test-drive an HR certificate before going all the way to completing the nine-course certificate or the Canadian Human Resources Professional (CHRP) certification."

All courses are offered at the St. George downtown campus, with online versions available for some courses with more to launch online soon. Coming in the fall of 2015, a hybrid format (mostly online with a few Saturday in-class sessions) will be available at the Mississauga campus.

CONTRIBUTED

"This offers busy professionals across the GTA and Canada the choices they need to easily integrate continuing studies and HR knowledge and skills into their lives to accelerate their career," Damen says.

"The program will enable students to be more strategic in current HR functions and open doors because they have a solid foundation in key HR areas. They also build a strong career support network by meeting and connecting with peers and instructors, great for future opportunities."

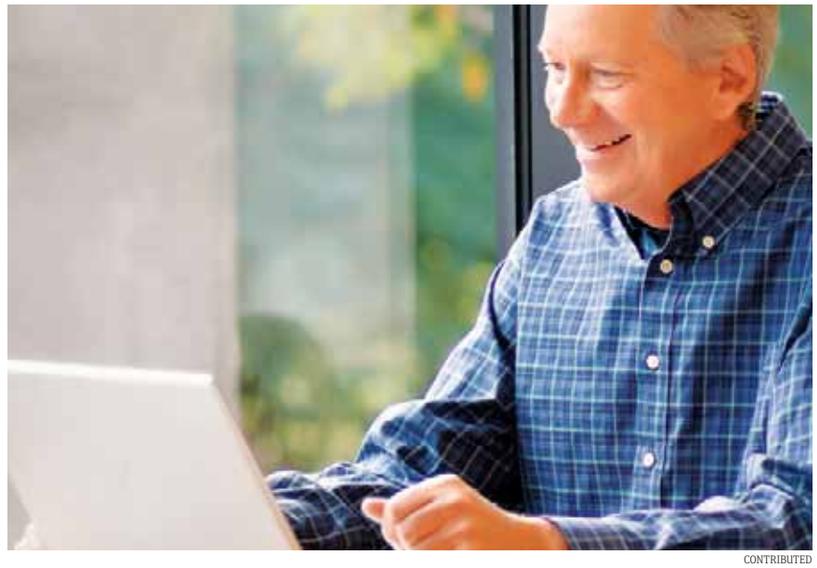
INTEGRATE STUDIES AND LIFE

For recent graduates looking to develop the foundational skill set to launch a career in HR, or HR professionals looking for CHRP (Canadian Human Resources Professional) certification, the University of Toronto school of continuing studies offers the certificate in human resources.

"Our students include those thinking of launching a career in HR, those already in HR who would like to accelerate their career development, internationally educated professionals wanting to hone their skills in a Canadian HR context and entrepreneurs and small to medium-sized business professionals who have HR duties," says Keri Damen, program director, business and professional studies.

"The classes helped me get into HR and understand the aspects of human resources that I would not have known just through experience," says Jane Lee, recruitment and services specialist at Freshbooks.

"Our instructors are experienced practitioners, offering real-world insights into the core curriculum and knowledge required for CHRP certification," Damen says. "They bring the curriculum to life."



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The program resides at U of T's St. George downtown campus, with online versions available for some courses; more will be launching online in the near future so the program will be fully available online.

"We're also adding a hybrid format of the course, mostly online with a few Saturdays at our Mississauga campus," Damen says. "This ensures that busy professionals can easily integrate their studies into their busy lives. This format will also allow people from across Canada to access the U of T brand to meet their CHRP certification academic requirement."

Students have graduated with top scores in the National Knowledge Exam (NKE), required for CHRP certification.

"My experience put my career two years ahead and has opened doors for me that would have otherwise remained closed," says John Gordon, executive team leader, human resources for Target Canada, who achieved one of the top NKE scores.

RIGHT CHOICE FOR STUDENTS

Ready for a career change, Corinne Haslam enrolled in the program this past spring and is impressed and excited about her future.

"I've been at home with my three children for the last 10 years working part time for our family business," Haslam says. "The HR program is engaging and I'm thoroughly enjoying my experience. Hopefully, it will open doors to a new career path for me. I love the online format. For busy people, it couldn't be more ideal."

Growing up in Trinidad, Alyssa Abraham always knew she wanted a career that would allow her to have a positive impact on others. During an internship, she discovered her passion in the field of human resources.

"I signed up for this program as an initial step. It's valuable for anyone looking for an edge in their HR career, and it's making it possible for me to transition into the human resources field."

HARNESS POWER OF DIGITAL MARKETING

SHERIDAN COLLEGE ON THE CUTTING EDGE

The latest program from Sheridan College focuses on the cutting-edge field of digital marketing — using modern communications technologies to reach and engage with current and potential customers.

"The number of digital channels continues to skyrocket," says Nav Singh, program manager of business and management at Sheridan College. "In the expert hands, platforms like Facebook, LinkedIn, Twitter and dozens of others become powerful marketing tools. Our new program gives students the skills, knowledge and competencies they need to harness the marketing power of digital technologies."

The two-year program covers everything from the fundamentals of customer relationship management to digital environments, analytics and reporting, search engine marketing and strategic planning. Delivered in a combination of in-class and online sessions, this program trains students for a variety of roles in the digital marketing industry. And given the phenomenal growth of digital marketing, the employment prospects for program graduates are good.

"Digital marketing has become incredibly sophisticated," Singh says. "Savvy companies know how to gather, analyze and leverage data, and then use it to drive successful marketing campaigns. We've come a long way from bulk email advertisements."

Due to the excessive cost and complexity associated with digital marketing, it was once solely the domain of large firms. The advent of broadband, wireless and user-friendly design and analytics software, however, has put digital marketing well into the reach of organizations and individuals. More and more job hunters, for instance, now use digital marketing techniques to get their foot in the door.

Many of the instructors for the program are industry experts — professionals who regularly design and execute digital marketing campaigns, conduct and analyze marketing data, and complete a long list of related tasks. Sheridan's strong relationship with industry is part of what sets the college apart from its competitors.

For more information about the digital marketing management program, please visit caps.sheridancollege.ca

FOUR CAMPUSES IN THREE CITIES

Founded in 1967, Sheridan College has grown from a local college of 400 students to one of Ontario's leading post-secondary institutions. Each year, the school attracts approximately 18,000 full-time and 35,000 continuing education and part-time students. Sheridan operates four campuses in three cities — Oakville, Brampton and Mississauga.

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STARTED:

Again in a new country.

A charity to help others.

Marlene

MENTOR. GRADUATE.

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Seneca

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CHANG SCHOOL AHEAD OF CURVE

ACCESS TO INFO VERSUS RIGHT TO PRIVACY

The delicate balance between access to information and right to privacy is an important issue in today's electronic age. It's an area of increasing importance in both public and private sectors and a rapidly emerging field.

The G. Raymond Chang school of continuing education at Ryerson University has three courses to prepare students so they can understand these issues and support this balance.

Information access and protection of privacy examines access and privacy concepts and principals. Health information access and privacy addresses laws governing health information privacy, access and management. Law for forensics professionals will focus on Canadian and international laws and legal frameworks with an emphasis on the legality of ethical hacking

"The course series is designed for professionals who want to better understand information access versus privacy and security issues," says Dr. Marie Bountrogianni, dean of the Chang school. "Students come from many different backgrounds, including government, access and privacy administrators in the public and private sectors, lawyers and legal professionals, journalists and investigative reporters, HR professionals and more."

Being able to balance access to information and right to privacy is critical with the large amount of information and data that's available today.

"Information privacy and security crosses many sectors and roles, and this demands better understanding of the policies, practices, laws and regulation that address confidentiality, privacy and security," Bountrogianni says.

Because information access and protection privacy protection affects almost every industry, "more and more professionals trained in the legal and practical implications of privacy will be needed to keep up with new technology and ensuring we're on top of the latest trends," Bountrogianni says. "The Chang school recognizes the importance of being ahead of the curve so our students are successful."

CONTRIBUTED

Experts in adult education, the G. Raymond Chang school of continuing education programs and courses offer flexible, accessible programming so students have control of their learning format.

More than 88 per cent of Chang school instructors are employed in their teaching fields, which gives them an understanding of the obligations students have outside the classroom and allows for great networking and mentoring opportunities.

For more information, please visit ce-online.ryerson.ca.

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UNIVERSITY OF TORONTO
WOODSWORTH COLLEGE

Learn to write your life story at Centennial

School introduces new 14-week night course

The rapidly growing trend of memoir writing will get a boost, thanks to a new continuing education course at Centennial College.

Telling your story is a 14-week night course starting in January at the school's Story Arts Centre (Carlaw and Mortimer) and taught by Douglas Williams, an accomplished television director and producer, and author of the popular memoir Promised Lands: Growing Up Absurd in the 1950s and '60s. "We all have stories to tell," Williams says. "But unless they're well written, few people outside your family will read them. Compelling stories use devices such as humour, suspense and pathos."

More people are fascinated by their own family's history and want to create a memoir as a gift to future generations. Williams attributes the recent popularity of memoirs to several factors.

"Creating a family tree used to require days of searching through parish records, newspapers and cemeteries," he says. "Now it can be done online. And it's never been cheaper to self-publish a book and print a few hundred copies."

Williams expects the course will appeal to two groups in particular: Boomers keen to revisit and record their successes and failures; and second- and third-generation Canadians eager to share their stories of coming to a new land. The course focuses on many of the techniques used in memoirs — creating an effective structure, for instance, and developing an engaging voice and style.

To learn more, visit centennialcollege.ca.

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INVESTIGATE HUMBER PROGRAM

COURSE DELVES INTO FRAUD EXAMINATION

According to the 2014 Report to the Nations from the Association of Certified Fraud Examiners, it's "estimated that a typical organization loses five per cent of revenues each year to fraud … this translates to a potential projected global fraud loss of nearly $3.7 trillion."

With fraud on the rise, there is an "ever-increasing need for fraud examiners and fraud education programs," says Athena Mailloux, course adviser and creator of Humber College's fraud examiner program.

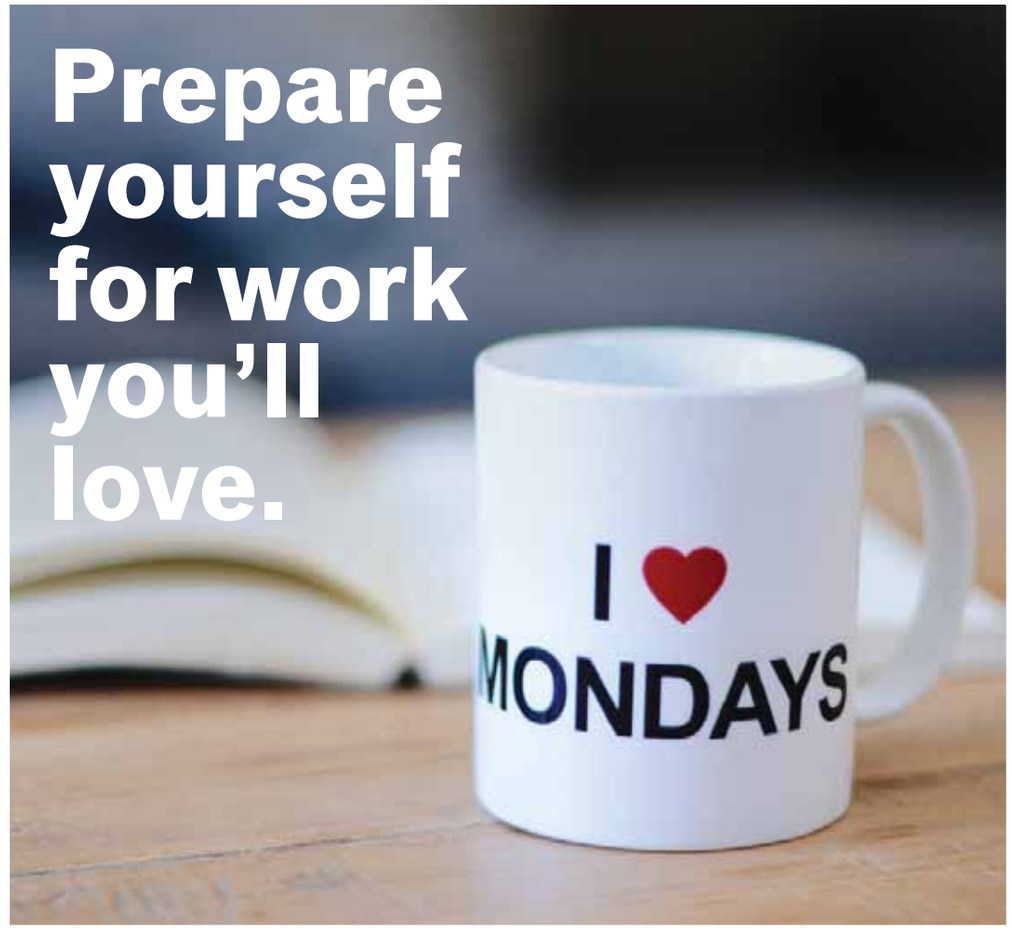
This introductory course teaches students about the basic principles of fraud examination, as well as the Canadian and international justice systems.

"It's perfect for students hoping to break into the growing field of fraud examination, or for those in related fields like law enforcement, banking, accounting and law."

The fraud examiner program consists of six required courses on such topics as money laundering and financial frauds, forensic accounting and investigation in Canada. The online format makes this an ideal program for those who need a flexible course schedule.

In partnership with the Association of Certified Fraud Examiners, the certificate provides educational requirements for the Ontario private investigator license and preparatory studies for industry exams, such as credited fraud examiner and certified financial crimes Investigator.

For more about the program, visit humber.ca.



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WINTER 2015

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Caramelize to intensify rich soup

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Choose comfort without the excess carbs

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Theresa Albert
DHN, RNCP
myfriendinfood.com

Without a doubt, as the barometer drops, we crave cosiness and comfort.

We are indeed designed to pack on a layer of fat for the winter and sweat it off in the summer, but are thwarted by our stressful and sedentary lifestyles.

Managing this truth means choosing the best way towards comfort food by resisting the cheesy, carb-laden casserole and dishing up some starchy, vitamin-packed squash instead.

Winter squashes like butternut and acorn are really no fuss at all if you bake them whole.

The time consuming part is the peeling and this step is eliminated when roasted whole with a side order of more nutrients being contained within the flesh.

Once roasted, the skin and seeds slip right off and the remaining flesh is ready for anything.

- Add 4-5 cups cooked squash per 1 litre of broth and simmer into soup.
- Mash and use as a side dish.
- Stir into muffin mix and bake moist, warm snacks.
- Blend into pancake mix and pan-fry with bananas.
- Spread with plain Greek yogurt and season well. Serve warm as a veggie, cracker or bread dip.
- Freeze for instant stirring into soups and stews to thicken.

Squashes go well with many flavours, try:

- curry powder
- cinnamon and nutmeg
- garlic and thyme
- sage and leek

We will talk about how to lighten up when the sun comes back to play.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Soup Week. Metro's week of warming dishes you can slurp continues — and we threw in biscuits, too

THERESA ALBERT
myfriendinfood.com

Caramelization is what develops flavour in vegetables, particularly the root or starchy varieties.

Baking butternut squash whole not only makes it easier to peel, it also enhances that sweet spectrum that makes this fall food so comforting.

Bake the squash up to three days in advance and the soup comes together for a hearty meal in a one-pot snap.

Soup

Ingredients

Soup
- 1 large butternut squash
- 2 whole onions cut in half
- 1 tbsp butter
- 1 tbsp curry powder
- 4 cardamom pods
- 1 cup white Zinfandel wine
- 2 litres chicken broth
- Slivered hazelnuts

Whole Wheat Sage Biscuits
- 1 cup unbleached flour
- 1 cup whole wheat flour
- 1 tbsp baking powder
- 1 tsp salt
- 1/4 cup butter, room temp
- 1 tsp honey
- 1 cup milk soured with 1 tsp lemon juice
- 2 tbsp fresh sage

This Baked Butternut Squash Soup recipe serves 12. THERESA ALBERT

1. Place whole squash and onion halves on a baking sheet and bake at 400 F for about an hour until soft. (You can store these in the fridge for up to 3 days or proceed with the soup).

2. Melt butter in a large pot and stir in curry powder as well as crushed cardamom, and stir for 30 seconds. Add wine and simmer for one minute. Stir in broth.

3. Peel and discard skin and seed of squash and onions. Add to the pot and simmer for 15 minutes.

4. Purée with a hand wand and serve with biscuits.

Whole Wheat Sage Biscuits

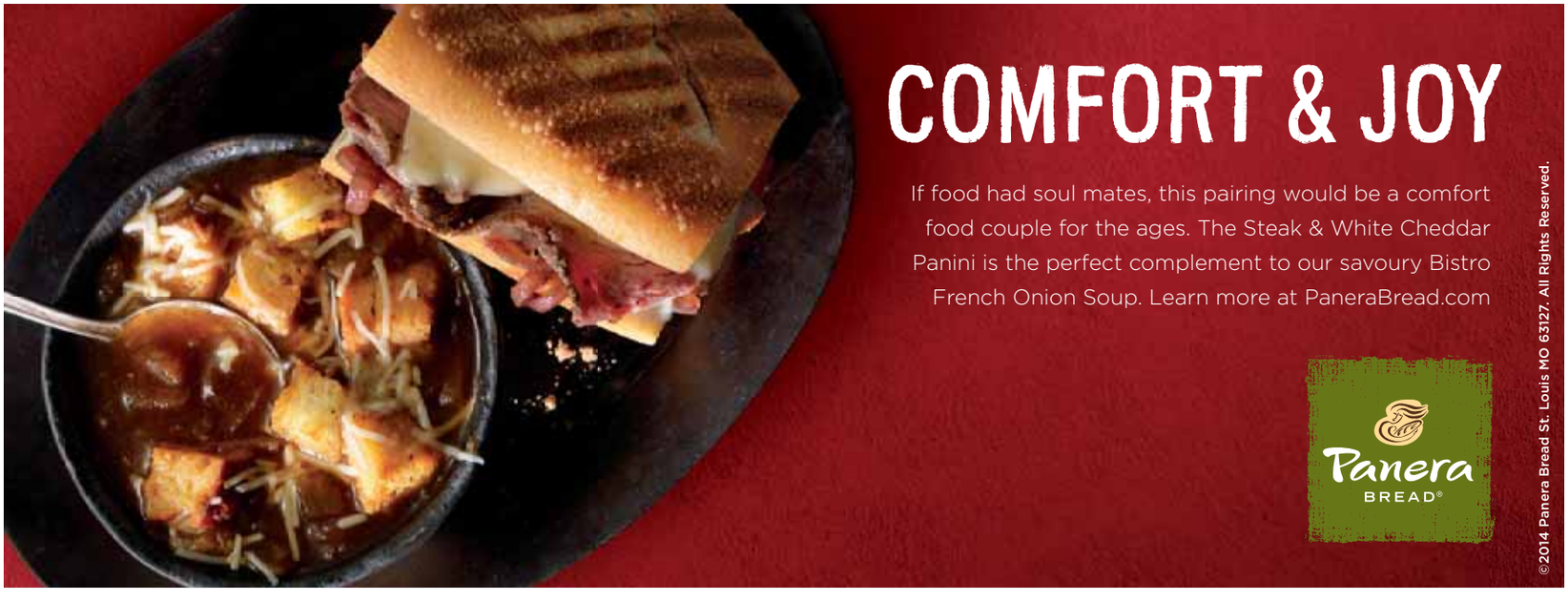
1. Preheat oven to 425 F.

2. Mix together flours, baking powder and salt. Cut in butter and mix with your hands until it resembles small peas.

3. Stir honey into soured milk and lemon juice and blend into flours gently. Knead together and cut into biscuits.

4. Bake for 15 minutes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM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4 SPORTS

MLS

TFC to freeze ticket prices temporarily

After yet another failed run at the MLS playoffs, Toronto FC is freezing prices for existing season ticket-holders, as long as they renew by Dec. 15.

In one example, a season ticket would cost $760 prior to the deadline and $950 afterwards.

The club said the total price for existing season tickets — before the deadline — ranges from $190 to $1,596 for a non-premium seat. THE CANADIAN PRESS

NBA

Cavs winning ways halted by Nuggets

Ty Lawson scored 24 points, Arron Afflalo added 23 and the Denver Nuggets ended the Cavaliers' four-game winning streak with a 106-97 win Monday night.
THE ASSOCIATED PRESS

Hockey Hall of Fame

"He meant everything for me as I came to the Maple Leafs and also became the captain, too. He really taught me everything." **Mats Sundin** on his late head coach, Pat Burns. Burns posthumously went into the Hockey Hall of Fame on Monday along with Dominik Hasek, Peter Forsberg, Mike Modano, Rob Blake and referee Bill McCreary.

Jays add Martin to their nest: Reports

MLB. All-star catcher, a Toronto native, agrees to terms hot on the heels of Jays hiring a new hitting coach

Russell Martin and the Blue Jays have agreed to a five-year, $82-million deal, according to reports. JOE SARGENT/GETTY IMAGES

New Toronto Blue Jays hitting coach Brook Jacoby was quite impressed by Russell Martin when he saw the Canadian catcher play in the National League.

If multiple media reports are true, the two will get a chance to work together next season in Toronto.

Several outlets reported Monday that the Blue Jays have agreed to a five-year, $82-million US contract with Martin. The three-time all-star hit .290 with the Pittsburgh Pirates last season with 11 home runs and 67 RBIs in 111 games.

A Blue Jays spokesman said in an email that he had seen the reports, but had not announced anything. A message left with Martin's agent was not immediately returned.

Martin, 31, spent the last two seasons in Pittsburgh. The Toronto native, who grew up in Chelsea, Que., broke into the major leagues with Los Angeles in 2006 and spent five years with the Dodgers before a two-year stint with the New York Yankees.

Over nine seasons, the three-time all-star has a career .259 average with 119 home runs and 540 RBIs.

Jacoby, speaking on a conference call after his own hiring was announced, said he didn't know anything about the reported deal with Martin. However, he did see plenty of Martin in 2013 when they were both in the National League Central — Martin with the Pirates and Jacoby in his last season as Cincinnati's hitting coach.

"He did bring a lot for Pittsburgh, not only offensively in that catcher's position, but his relationship with the pitchers and how well he worked the pitchers against hitters," Jacoby said. "I got to see it first-hand with him.

"What an asset he would be to any ball club that could get him. I hope that is true (that Martin is Toronto-bound)."

Dioner Navarro was the regular catcher for the Blue Jays last season and Josh Thole primarily served as knuckleballer R.A. Dickey's catcher. The addition of Martin could see Navarro shift to the designated hitter's role in 2015.
THE CANADIAN PRESS

Elsewhere Monday

- Giancarlo Stanton agreed to terms with the Marlins on a $325 million, 13-year contract, Miami owner Jeffrey Loria said. It's the most lucrative deal for an American athlete and averages $25 million per season, or $154,321 per game.
- The Atlanta Braves dealt outfielder Jason Heyward and reliever Jordan Walden to the St. Louis Cardinals on Monday for pitcher Shelby Miller and a minor-leaguer. The deal ends Heyward's tenure with his hometown team and adds a young pitcher to bolster Atlanta's rotation. THE ASSOCIATED PRESS

"Live as if you were to die tomorrow. Learn as if you were to live forever."

Mahatma Gandhi (b/w photo), Indian Photographer, (20th century) / Private Collection / Dinodia / Bridgeman Images

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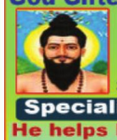
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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may feel that a target is beyond your reach but you can get there if you are prepared to make sacrifices. You could opt for an easier objective but you must make a decision quickly.

♉ Taurus
April 21 - May 21
People hold you in high regard because you refuse to be like everyone else. Emphasize your uniqueness and you will find your natural place — at the top.

♊ Gemini
May 22 - June 21
You may be tempted to bulldoze through obstacles today but you can get what you need by less provocative methods. Might sometimes makes right, but not today.

♋ Cancer
June 22 - July 23
Be honest about what you desire, even if there is little chance of getting it. You won't change other people's attitudes overnight, but you can put down a marker for the future.

♌ Leo
July 24 - Aug. 23
Something you think of today has the potential to transform your existence, but only if you have more confidence in yourself as an ideas person.

♍ Virgo
Aug. 24 - Sept. 23
You have more in common with a rival than you realize. Instead of fighting each other, pool your resources. As a team, you will be unbeatable.

♎ Libra
Sept. 24 - Oct. 23
Because there is something you desire you won't hesitate to be assertive today. Be sensible though – know when it is wise to hold back.

♏ Scorpio
Oct. 24 - Nov. 22
If you want to achieve something special, set targets that are not too easy to reach. You are capable today of efforts above and beyond the norm.

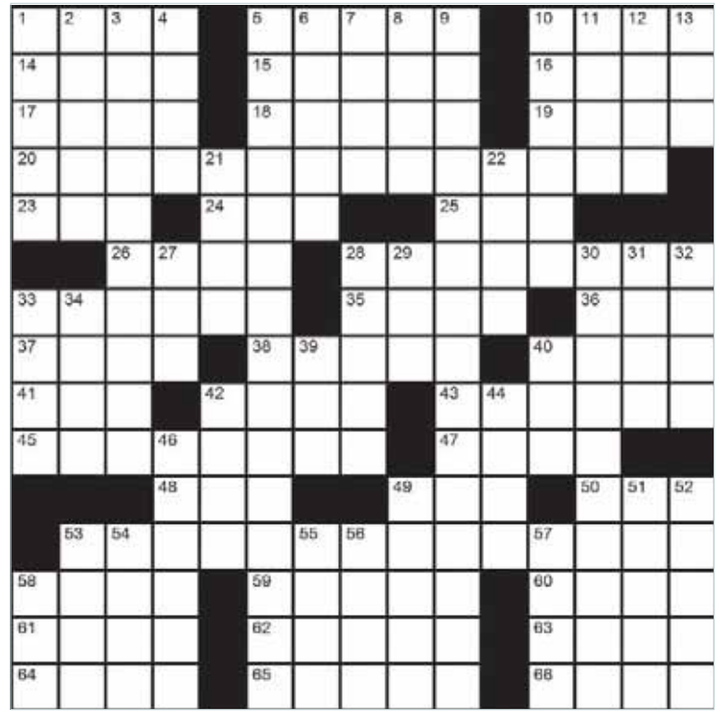
♐ Sagittarius
Nov. 23 - Dec. 21
Don't try to finish something that has become a bit of a chore. You have lost interest in it is because your attitude towards it has changed. It is no longer important today.

♑ Capricorn
Dec. 22 - Jan. 20
You may find it hard to cut back on your social life but you know you have to if you are to make the most of a business opportunity.

♒ Aquarius
Jan. 21 - Feb. 19
Saturn, planet of limitation, warns if you take on too much you may end up further from your long-term goal than when you started. There's no rush.

♓ Pisces
Feb. 20 - March 20
Your daydreams could get you into trouble. Some things are meant to be acted on and some things are meant to remain a fantasy. Keep your imagination under control.

Crossword: Canada Across and Down by Kelly Ann Buchanan



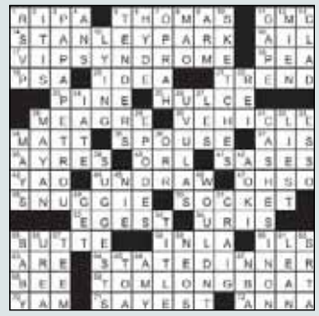
Across

1. Brave New World tablet
5. Some cheeses
10. Twelvemonth
14. "Waking __ Reno" (2002): 2 wds.
15. 'You Win' opposite: 2 wds.
16. Regarding: 2 wds.
17. "Yes, yes!" in Spain
18. Honda model
19. Scot's negatives
20. Kenora, ON's giant fish sculpture: 3 wds.
23. Gremlin
24. Actress Lucy
25. "Norma __" (1979)
26. Famous cookie
28. Health drink place: 2 wds.
33. Ms. Kelly, Canadian who married Princess Anne's son in 2008
35. Guesses [abbr.]
36. TV brand
37. Cracker topping
38. "Never.": 2 wds.
40. Ms. Perry
41. 'Capri' suffix
42. Beaver __, BC
43. Guitarist Mr. Eddy's
45. __ Molson Memorial Stadium (Montreal Alouettes home)
47. TV honcho
48. Path [abbr.]
49. Stock mkt. debut
50. Groove
53. Ed Grimley's favourite game show: 3 wds.
58. Dull noise
59. Concepts
60. Pluses
61. Hwy. truck
62. 'Sleep'-meaning prefix
63. Deer's tail type
64. Anyone annoying
65. Terence d'Arby connecter
66. Tal Bachman's "__ So High"

Down

1. Rolled-in-rice wappetizer
2. Yves Saint Laurent perfume
3. Renee Zellweger movie about 'Peter Rabbit' author/illustrator Beatrix: 2 wds.
4. Canadian satellite
5. Type of Scotiabank Giller Prize winner: 2 wds.
6. Welsh merchant Yale University is named after, __ Yale (b.1649 - d.1721)
7. 'Slithy' Lewis Carroll creature
8. "Sure __ __ standing here!"
9. Fee of trust: 2 wds.
10. "__ Doodle Dandy" (1942)
11. Mr. Morales
12. Perfectly, to __
13. Iceland band, with Sigur
21. Space stuff
22. Pouches
27. Ms. McClanahan
28. Gem
29. Demi Lovato's "Made in the ___"
30. Kellogg's Raisin ___
31. Entr'__ (Theatrical interlude)
32. Sunny beams
33. Each: 2 wds.
34. 'Accent' add-on (Emphasize)
39. Eggs, Latin-style
40. "Ship and the Globe" Toronto-based singer/songwriter, __ Sun
42. Mention
44. Wife: Latin
46. Purchaser's 'plastic'
49. Q. "Do you know ___ Sothern is still alive?" A. "I do, and she's not, alas."
51. Excessive
52. Tries
53. "What fun!"
54. Closed-lips sings
55. Product brand for feet, __-Eaters
56. __ covert (Married woman, olde-style)
57. Itar-__ (Russian news agency)
58. Chef's meas.

Yesterday's Crossword

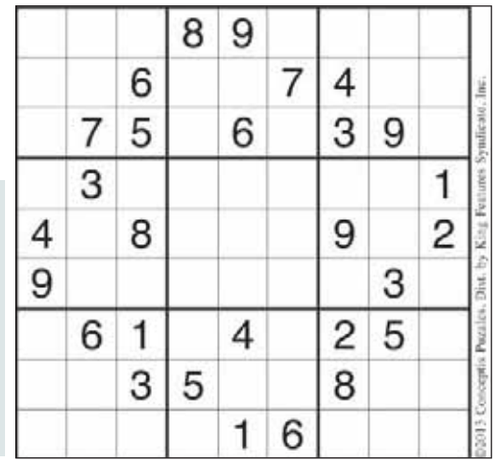


Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

7	1	6	9	2	8	3	5	4
5	9	3	7	4	6	8	2	1
8	2	4	3	1	5	6	7	9
1	6	2	5	7	9	4	3	8
4	7	9	8	3	2	1	6	5
3	5	8	4	6	1	7	9	2
9	8	7	6	5	4	2	1	3
6	4	1	2	9	3	5	8	7
2	3	5	1	8	7	9	4	6

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